



INSIDE THE 5TH MEDICAL GROUP'S TRAINING DAY

A6



WINNERS REVEALED FOR "BEST OF" AWARDS

A11




MONTH OF THE MILITARY CHILD HIGHLIGHT: THE AGUILERA GIRLS

B2

A photograph of four men in formal military uniforms standing behind a wooden podium with lit candles. The men are wearing dark blue double-breasted suits with white shirts and black bow ties. They are adorned with various medals and ribbons on their chests. The man on the far left has a large gold medal. The man second from the left has a large gold medal. The man third from the left has a large gold medal. The man on the far right has a large gold medal. The podium in front of them is made of wood and has several lit candles on it. The background is a plain wall with a large blue and white logo.

U.S. AIR FORCE PHOTO I MINOT AFB PA

 **TIME:**
4:00 PM - 6:00 PM

 WHEN:
THURSDAY, APRIL 10, 2025

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5th Operations Support Squadron

The 5th Operations Support Squadron successfully delivered a team of 21 skillfully trained and equipped personnel to support the Command's Bomber Task Force mission in Fairford, England. Their direct support to this provides surety for maintaining a high state of readiness, proficiency, and validate our alwaysready, global strike capability. Additionally, in a groundbreaking initiative that has set a new standard for operational excellence, the 5th Operations Support Squadron successfully over-hauled the missile incentive pay program, implementing a cutting-edge aviation database and managing a \$10 million alert facility. Their ambition not only enhances operational efficiency but also



highlights the squadron's unwavering commitment to supporting mission readiness and personnel welfare. Finally, they took the lead to plan and execute the 4th Quarter Awards

Ceremony for the Wing. The 5th Operations Support Squadron handled everything with excellence and professionalism and deserves to be recognized!



Bomber Task Force Mission



Wing Quarterly Awards Ceremony



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A horizontal banner with a white background. On the left is the Jerome's Collision Center logo, featuring a stylized 'J' in black and orange, followed by 'Jerome's' in orange and 'COLLISION CENTER' in black. To the right of the logo, the text 'Military Friendly and Proud to Serve Our Active Duty Military & Veterans' is in black, followed by 'Closest Full Service Collision Center to Minot AFB' in orange. On the far right, the address '2705 North Broadway, Minot, ND 58703' is in orange, the phone number '(701) 852-5126' is in large black font, and the website 'jeromescollision.com' is in orange.

General Bussiere

The Mission, The Airmen, Our Leadership Teams and The Community...

ROD WILSON, NORTHERN SENTRY

General Thomas Bussiere is Commander, Air Force Global Strike Command and Commander, Air Forces Strategic - Air, U.S. Strategic Command, Barksdale Air Force Base, Louisiana. In a recent visit to Minot Air Force Base, we sat down and discussed the purpose of his trip to Minot Air Force Base and touched on the importance of Minot Air Force Base to the Air Force, and the United States.

What is the general purpose of your trip to Minot Air Force Base today?

General Bussiere: “I wanted to come up to Minot and spend Thursday and Friday with the 91st Missile Wing and 5th Bomb Wing. I spent time with the Wing Commanders, the Command Chiefs and the Squadron Commanders as well as do all calls with our Airmen in both wings.

I wanted to basically thank them for everything they’ve done this past year, and to congratulate them on their performance and their professionalism, their discipline and talk about the results of the inspections that we had this past couple of months.

What have been the changes you have seen at Minot Air Force Base since you took over as commander of Global Strike Command?

General Bussiere: I guess I wouldn’t necessarily characterize them changes because the value and the importance of this installation is enduring. Whether it’s me, or my predecessor or my successor, the prominence and importance of Minot Air Force Base for the Air Force and the nation doesn’t wane. I often look at the sign that is over the gate that says, “Only The Best Come North”, I kind of twist that a little bit and we say that we come north to become your best, right? Minot is a special place. It’s the only place in the Department (Of Defense) where we have a missile wing and a bomber wing; two thirds of the triad are right here in Minot, North Dakota...and it is in my humblest opinion, the most important base we have, and it will remain the most important base we have because of the mission it performs. So, coming up here and thanking our airmen and thanking

our leadership teams for what they do is important.

With the success of recent inspections and soon the awarding of The Omaha Trophy; what does this mean to Minot Air Force Base and the community of Minot?

General Bussiere: So if you take what I just said for granted, that Minot is the center of gravity because of both wings, the 91st Missile Wing and the 5th Bomb Wing, the air leg and the land leg of the triad, and you kind of wrap that around the specialness of the community that supports the missions here of both wings... and our Airmen and their families, that’s really the secret sauce of Minot Air Force Base. It’s the absolute amazing community support, not only here but across the fabric of North Dakota. Task Force 21 is a fine example of that support. There’s a continued advocacy and education across our Federal Government, the State Legislature, the Federal Government representatives, and the chambers; they are constantly trying to educate and build a deeper understanding of what this base does, what this region does, and what our wings do for our nation. It’s (Minot) is a special place, The Magic City, it’s magic for a reason. It’s not just a bumper sticker, it’s magic because of the people.

Does Minot have that reputation throughout the Air Force?

General Bussiere: I won’t be naïve and say that everybody understands the value, purpose and value of this installation (Minot AFB). But it’s my job, and with your (The Northern Sentry) help, with your publication and the help of civic leaders will help with education across the fabric of the nation and the government...I try to differentiate between people not understanding how important it is, but the fact that it is. I see it as my job, or our jobs, to make sure we propagate that across the government and the nation. Because our citizens of the United States of America need to understand how important this installation is, they need to understand what our Airmen do in the 91st Missile Wing and the 5th Bomb Wing every day, or

every week, or every month for our nation’s defense and that of our allies and partners.

Looking ahead, what do you see as important steps and challenges ahead for Minot Air Force Base?

General Bussiere: There’s a lot of opportunity in the future as we transition from the B-52 H to the B-52 J model, we modernize the motors, the radar and avionics that’s on that weapons system, that is certainly a great opportunity for this installation and the wing, the 5th Bomb Wing. Also, as we transition for the Minuteman III to the Sentinel weapons system in the 91st Missile Wing, there’s opportunity. This was the first wing, 1970, the first wing to be fielding the Minuteman III weapons system was the 91st Missile Wing, that’s 55 years ago that we fielded the Minuteman III. As we transition from the Minuteman III to the Sentinel weapons system, that will be an enduring transition for this region as one of our 3 missile wings. We did the groundbreaking last year on the combines helicopter and response force facility as we field the Grey Wolf, the MH 139 helicopter to replace the UH1 Novembers, so that’s another opportunity for new weapons system here in Minot, North Dakota. As we build out our new facilities to host both the bomb wing and the ICBM, there will be construction and new military facilities that will be put upon for the installation to host over the next 2 decades. We have new weapons systems that we’ll be fielding for both the bomber and the ICBM leg, and that will be another opportunity for growth in Minot Air Force Base. It’s a testament to the importance of the mission, the dedication of our nation to invest in these capabilities to defend the United State, our allies and our partners. If you look at all of the other installations in the department of the Air Force, even in Global Strike Command, this is the only one we have that has both of them (missiles and bombers), and if you take that mission piece and you wrap it around the support that we get from the community, it’s pretty hard to find another location like this.



Gen. Thomas A. Bussiere
Commander, Air Force Global Strike Command
Commander, Air Forces Strategic - Air, U.S. Strategic Command

What makes Minot Air Force Base so important to the defense of our country?

General Bussiere: The mission, the Airmen, our leadership teams and the community. What’s really interesting to me, and it’s not necessarily unique to Minot Air Force Base, we really see it across the fabric of the Air Force and Global Strike Command... the number of first term Airmen that are on their first operational assignment...they are performing a mission that’s not easy, that’s really important, and them having the recognition that what they are doing is really important; it’s really fun to watch. They are doing

so well because they have great supervisors, great commanders, great command teams, great senior NCO’s, and NCO’s that help them do their J-O-B, that’s really fun to watch...you can see it in their eyes. Airmen don’t really say much, but they can’t hide how they feel. The Airmen around here (Minot Air Force Base) are pretty proud of what they just did, pretty proud of what they are doing and they are fired up and motivated...that’s pretty cool.

I just want to say that in this last inspection the 91st Missile Wing and the 5th Bomb Wing knocked it out of the park!

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A VIEW FROM OUR SIDE

ROD WILSON

northernsentry

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Two parents were walking cautiously down a Central Campus hallway. It was Parent/Teachers conferences, and we were looking for our son's history classroom. The good news is that we were not the only parents struggling to locate the right classroom, the bad news is that we were supposed to find this classroom and do a conference in the span of 15 minutes, and we were behind the 8-ball as they would say.

Suddenly, a gentleman in one of the doorways said politely "are you lost? What classroom are you looking for?" U.S. History we answered. Mr. Srejma smiled and asked, "who is your student?" David Wilson we answered. Mr. Srejma smiled and said, "well please, come on in and sit down, and let me tell you good things about your son!" What a relief.

So, what does a Central Campus Parent/Teacher conference have to do with the Minot Air Force Base?



UPSIDE DOWN UNDER

MARVIN BAKER

Editor's note: This is the final of a three-part series examining multiple sclerosis and actions that can control this auto-immune disease that attacks the central nervous system. MS can't be cured, but numerous drugs and therapies are available to manage symptoms, slow disease progression and improve quality of life.

As recently as 35 years ago, people who contracted multiple sclerosis had few options to control a mysterious disease that most often hits women in the 20- to 40-year-old range. Research was ongoing and optimistic. However, those who were interviewed about their diagnosis at the time feared otherwise.

Since 1995, numerous alternatives have become available and the medical world is learning that specific therapies can improve the quality of life for those with specific symptoms.

Well actually, quite a lot.

General Thomas Bussiere was a VIP visitor to Minot Air Force Base last week. General Bussiere is the Commander of Air Force Global Strike Command, and the purpose of his visit was to congratulate and thank the Airmen of the 5th Bomb Wing and 91st Missile Wing on their stellar performance at a recent Nuclear Surety Inspection. For those who don't know, a nuclear surety inspection is a rigorous, independent assessment conducted to ensure the safety, security, and control of the US nuclear stockpile, covering personnel, procedures, and materiel. According to Gen Bussiere, in reference to the NSI, the 91st MW and 5th BW "hit it out of the park!"

There have been several occasions when Gen Bussiere has mentioned Minot AFB in speeches or general conversation. He normally explains the importance of Minot AFB because of its dual nuclear mission but will also make people aware of the great relationship Minot AFB has with the community of Minot. He didn't exactly say "sit down and let me tell you good things about your base and your community", but that is how the interview went, pretty much focused on what the base and the community mean to each other. Coming from a 4-Star General, it certainly was impactful to hear once again that what

happens between Minot and Minot AFB does not happen everywhere.

It is also quite an honor as a journalist to be given time to interview someone like Gen. Bussiere. His time on the ground when he visits a base like Minot AFB is measured in minutes. "I want to reach out and talk to as many Airmen as I can" he told me, and when Gen Bussiere takes the time to let folks know that they did well, he is saying "let me tell you good things about what you did."

THIS N THAT

BOXING SHOW

Randi Griffin, MAFB Security Forces, will take to the ring this Saturday, April 5th at Calavera Martial Arts and Boxing Club. For more information about the show, go to the Calavera Boxing Facebook page.

DOWNTOWN BUNNY TRAIL

Join your Downtown Minot Merchants for the annual Bunny Trail in Downtown Minot on Thursday, April 17th from 10am until 12pm. Bring your Easter baskets to collect goodies from participating businesses. Maps will be available at several locations. Open for preschoolers and under. Free to the public. Sponsored by the Downtown Business & Professional Association.

OLIVER!

Western Plains Opera is proud to present Lionel Bart's "Oliver!" a musical adaptation of the classic Charles Dickens novel, on April 11 and 12. Adult tickets are \$35, \$30, or \$25, with children ages 17 and under priced at \$10 each. Minot State students are admitted free with a valid MSU ID, and a military discount is available with an active ID when purchased at the door. Tickets are available at the door or online at Wester Plains Opera's website.

BEST KEPT SECRETS

I am going to go with Atypical Brewery. I am far from a craft beer expert. But every time I have had the opportunity to have one of Atypical's beers, I have enjoyed it immensely. They are located in Downtown Minot, so once again, check out their Facebook page for information and hours.

AND- while you are Downtown, you might want to stop in and enjoy the small town atmosphere if The Blue Rider. Like they say, you're a stranger only once at the Blue Rider.

TODAY'S CHUCKLE(S)

Punctuality for appointments is the best way to get some alone time.

If you can sleep like a baby at night, you obviously don't have one...

March is National MS Month...

A drug called Interferon Beta-1B became the first drug proven to alter the natural history of relapsing-remitting MS. Soon afterward, two additional drugs were approved by the FDA that became known as the ABC drugs because of their brand names.

This class of medications work by interacting with the immune system to reduce inflammation that attacks the central nervous system. They are typically administered through injection.

Doctors at Mayo Clinic continue to use interferon beta remedies when they are warranted, but two other injectable treatments are now available, depending on the individual. They include

Glatiramer Acetone, a medication that can help block the immune system's attack on myelin. The other is called Ofatumumab, which targets cells that damage the nervous system.

In addition, Mayo Clinic now has in its arsenal nine separate oral treatments that can be used to best help the patient. These medications are capable of doing everything from reducing relapse rates in MS to being a second-line treatment.

They include: Teriflunomide, which reduces relapses; Dimethyl Fumarate, reduces relapses; Diroximel Fumarate, is like the previous, but has fewer side effects; Monomethyl Fumarate

is a delayed release medicine with a slow and steady action; Fingolimod reduces relapse rates; Siponimod helps slow progression of MS; Ozanimod decreases relapse rates; Ponesimod is one of gradually increasing dosage for obscure diagnoses and Cladribine is a second-line treatment for relapse as well as for secondary progressive MS.

Mayo Clinic has four infusion treatments available. They include Natalizumab, a monoclonal antibody that slows down the risk of the disability; Ocrelizumab, which treats relapsing and primary progressive forms of MS; Ublituximab is a monclonal antibody used to treat relapsing forms of MS and finally, Alemtuzumab is a monoclonal antibody that decreases annual relapse rates and demonstrates MRI benefits.

The above-named therapies are also available at numerous other medical facilities. The information for this article, however, was provided by Mayo Clinic. Research is ongoing to find even more options.

But it doesn't stop with drugs specific to MS. Other treatments can help relieve some of the symptoms. They include occupational therapy that can teach stretching and strengthening exercises.

Muscle relaxants are often used

if the patient experiences muscle stiffness or spasms, particularly in the legs. One of them is Botox that is used as a treatment for muscle contractions.

Doctors may prescribe medicines to reduce fatigue. They include Ritalin and Provigil that are used to reduce MS-related fatigue. Some medicines normally used to treat depression such as Prozac and Wellbutrin may be recommended as well. However, more research is needed to better qualify these choices.

A drug called Amyra may be used to slightly increase walking speed in patients and other medicines used for depression, pain, sexual dysfunction, insomnia and bladder or bowel control problems that are linked to MS.

The most recent developments include a therapy called BTK inhibitor that alters the function of B cells, stem cell transplants that destroys an immune system with MS and replaces it with healthy cells and a new medicine called Phosphodiesterase Inhibitor that works to decrease inflammation by changing damaging immune system responses seen in MS.

As with any drug, these therapies have certain side effects, so it's crucial that doctor and patient both understand what is best for each individual's condition.

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Broadway Classic *Oliver!* Comes to the Western Plains

KERIANNE NOEL, NORTHERN SENTRY

For two nights only the streets of Victorian London are coming to Minot. On April 11th and 12th at 7 p.m. Western Plains Opera will be performing Broadway musical *Oliver!* at Minot State's Ann Nicole Nelson Hall. Based on Charles Dickens's novel *Oliver Twist*, the musical follows the adventures of the titular character from a malnourished orphan who ends up entangled with a gang of pickpockets to the loving care of Mr. Brownlow's household - and back. Whether *Oliver* will ultimately discover the true love of a family is something for audiences to discover alongside him next week.

When asked why this particular musical was chosen, General Director of Western Plains Opera Dr. Emerson Eads said, "[This show] requires exceptional young actors and singers, and that's exactly what we have. The Western Plains Children's Choir has experienced remarkable growth, with many talented and motivated children who have been part of the choir for several years, honing their skills under the expert guidance of teachers like Angela Schnaible and Lindsay Kerzmann. I felt that this musical would be a wonderful opportunity to showcase their development as singers and highlight the importance of the Western Plains Children's Choir to our community."

Preparing since the first week

of February, the cast has several individuals affiliated with Team Minot. These include Major Thomas Barger in the part of Mr. Brownlow, and spouse Christian Steinborn as well as First Lieutenant Elijah Robinson (whose voice some might recognize from Minotauros hockey games, where he often sings the National Anthem) as ensemble cast members. Dr. Eads noted that, "What makes this production even more remarkable is the presence of two young leads who are absolutely knocking it out of the park. Alongside them is a talented ensemble of children, portraying both orphans and a gang of thieves, all under the guidance of Fagin, played brilliantly by John Simonson. The story of love, acceptance, and community will resonate with audiences of all ages, but it will undoubtedly be especially embraced by a younger crowd." You heard it here first - bring your kids out for this one!

Minot is a city that deeply values and supports the arts. Dr. Eads emphasized that, "This production is a true testament to the power of community collaboration." Community members took time out of their daily schedules to volunteer. Parents tirelessly drove their children to and from rehearsals and helped them memorize their parts. A crew of costume designers, choreographer, and

musicians under the direction of Abbie Eads helped bring it all together. He concluded that this performance, "Will leave you feeling incredibly proud to be part of a town like Minot!"

Tickets range from \$25 to

\$35 depending on the seating section for adults and only \$10 for those under 17 years of age. A military discount as well as free admission for those with an MSU Student ID are available at the door only. Those wanting to

reserve their seats in advance, can purchase tickets through the Western Plains Opera Website.

For more information about this performance or to purchase tickets, visit <https://wpopera.org/events/oliver-2/>.



The cast of *Oliver!*, ready for rehearsals. Members of Team Minot bring their many talents, in this case experience with and a love for musical theater, along with them when they move to the Magic City.

(PHOTO C/O FACEBOOK)

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All About Pets



Protecting
your Pet from
the Summer
Heat

Summer in North Dakota is already off to a great start! It's now the perfect time to go outside and get active with your pet. But with the temperature reaching record highs so early in the season, it's important to take extra precautions to protect your four-legged friend. Since dogs are unable to sweat and cool down through panting only, here are a few things you can do to help them stay cool so you can all enjoy some fun in the sun:

- Stay off of hot pavement—if it will burn your feet, it will burn their paws. Try to take your dog for walks in the early morning or evening. Not only will the temperature be cooler, but the pavement won't be as hot. You can also opt to take them on walks through wooded forests or on dirt or grass paths. Some pet owners may use "dog shoes" when there's no other option, but most pets will probably not find this comfortable.
- Water your dog—yes, you read that right. Not only is important to have a constant supply of fresh, cool water when outside on a hot day, but it can be beneficial to literally water your dog! Fill up a kiddie pool and throw in their favorite ball, turn on the sprinklers, take your dog to a lake or creek, or grab the sprayer and hose them down. Not only are these fun ways to enrich your dog, but they will keep body temperature down so everyone's happy. If your dog doesn't like water, you can slowly work up to it through desensitization and counter-

conditioning, or you can just provide them with a shaded area or leave them inside.

- Never leave your dog in the car—does this need to be said anymore? It still happens often, so yes. If you can't take your dog inside wherever you're going, leave them home. If you can't find a fully shaded parking spot and leave the AC on full blast, leave them home. If you're going to be gone for an extended period of time, leave them home.
- Find indoor activities—sometimes it's too hot for anyone, pets or parents alike, to be outside. To keep your dog busy on days like this, try getting creative with your indoor activities. You can play tug of war in the living room, let them watch dakrats scurry by out the window, play hide and seek, work on some training... the possibilities are endless. If you really want to get out of the house, there are many dog-friendly businesses where you can bring your pet inside. Any pet stores, Tractor Supply Co., and Hobby Lobby are a few favorites. (Be sure to call your location first before bringing any pets in, and make sure they're mindful of their manners!)

Despite all our efforts, dogs are still at risk for heat stroke on a hot day. Watch out for excessive panting, confusion, vomiting, bright red gums, lethargy, body temperature over 104 degrees, and collapse, seizure, or coma. Take your pet to the vet immediately if you suspect they have excessive heat stress.

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Drills, skills and life-saving thrills: inside the 5th Medical Group's training day

SENIOR AIRMAN KENDRA A. RANSUM, 5TH BOMB WING

MINOT AIR FORCE BASE, N.D. --
Each Wednesday morning, the 5th Medical Group (5 MDG) at Minot AFB closes its doors for two hours—not as a break, but as an opportunity to strengthen the skills that keep Airmen and their families safe.

The weekly training, held from 7:30 a.m.-9:30 a.m., focuses on a rotating set of essential medical and operational proficiencies. These sessions reinforce the knowledge and hands-on abilities medical personnel need to maintain readiness for both daily healthcare operations and contingency scenarios.

"Folks used to see this training once a quarter," said Douglas Rathburn, the medical emergency manager from the 5th Medical Group. "What we started now instead is for two hours every Wednesday, we can rotate through each of them once a month. It gives the folks a chance to keep these things more fresh because they're seeing it monthly rather than every three or four months."

A TARGETED APPROACH TO READINESS

The weekly Wednesday morning training started in January 2025 and results are already showing an improvement in the group's readiness.

Each week, the 5 MDG focuses on a different aspect of medical readiness. Some sessions emphasize Comprehensive Medical Readiness Program (CMRP), which are the skills related to the Airmen's AFSC, while others cover Medical Contingency Response Plan (MCRP) and Home Station Medical Response (HSMR), which relate to skills needed in a mass-casualty or similar emergency event.

"By making this change, we hope to reduce the impact of a full-day closure to our beneficiaries while allowing us enough time to conduct internal training so we can remain mission-ready,"



Senior Airman Andrew Dye, a paramedic assigned to the 5th Healthcare Operations Squadron, practices sutures at the 5th Medical Group on Minot Air Force Base, March 5, 2025. The 5 MDG used to have training days quarterly but was changed to once a week to improve skill readiness among Airmen.

5 MDG leadership stated in an official notice.

Another component trained upon, Medic-X, ensures all medical and other group personnel are equipped with the life-sustaining skills needed for a challenging and dynamic future battlefield where resources may be limited.

"We're already seeing the fruits of it," said Rathburn. "We're seeing improvements in all of our training percentages. By not trying to get so much done in one day, it's a lot easier for their supervision or their team chiefs to then update their training as well. It's no longer just a whole day's work, it's now a couple of hours' work."

COLLABORATION AT EVERY LEVEL

The training sessions serve as a forum for team chiefs, squadron commanders and the group commander to discuss operational challenges, address potential points of failure and

refine medical procedures. The collaborative environment fosters innovation and ensures that each member of the team understands their role in both routine and emergency situations.

"The purpose is to enhance and solidify the skills that we're signed off on regarding our CMRP skills," said Tech. Sgt. Courtney Bruno, flight chief of clinical operations from the 5th Healthcare Operations Squadron. "Per our AFSC, these are within our scope of practice to perform. Some of these are skills we don't do every day and so we practice them when we can on training days. We have a whole list of hundreds of items, so we can only do a certain amount in a certain time."

Beyond refining individual skills, the sessions build cohesion across different teams within the medical group. That teamwork is critical in high-pressure situations, where clear communication and seamless execution can mean the difference between life and death.

WHAT PATIENTS NEED TO KNOW

While the 7:30 a.m.-9:30 a.m. closure ensures training consistency, it does not affect emergency services. Patients experiencing medical emergencies during this time should call 911. For non-emergency concerns, the Nurse Advice Line at 1-800-874-2273 remains available for guidance.

"All we ask is for folks to understand that we're not doing this in an effort to give us a break or shut them out for a bit," said Rathburn. "This is required training that our folks do have to maintain—not only in their treatment but also in their own ability to be ready to go somewhere if called upon in a deployment. Patients come first. They always have and they always will."

As the 5 MDG continues to evolve to meet the demands of both military and family healthcare, this dedicated training time ensures that its personnel are prepared to handle any challenge—whether at home or on the battlefield.

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MINOT MASONIC CENTER



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Monthly Business Meeting Schedule • Meet-and-Greets
Blue Lodge - 1st and 3rd Mondays at 6:00PM
Shriners - 2nd Wednesday at 6:00PM
Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM



Tech. Sgt. Courtney Bruno, flight chief of clinical operations from the 5th Healthcare Operations Squadron, draws blood from Staff Sgt. Olivia Hightower, the 5th Medical Group NCOIC, at the 5th MDG on Minot Air Force Base, March 5, 2025. Airmen from the 5 MDG practiced various life-saving procedures, including IV, suturing, airway management, wound vac and tourniquet drills.



Staff Sgt. Ashleigh Sanchez, a 5th Healthcare Operations Squadron MedTech, practices airway management procedures on a mannikin at the 5th Medical Group on Minot Air Force Base, March 5, 2025. Clearing airways is not typically a procedure performed day-to-day by Minot’s Airmen but it is an essential skill to know in a deployed environment.



Airman Alexander Colisao, Tech. Sgt. Shawon Vaughan-Baker and Staff Sgt. Annelica Abruzzo, all Personnel Reliability Assurance Program Airmen, practice tourniquet drills at the 5th Medical Group on Minot Air Force Base, March 5, 2025. Tourniquet drills are among other procedures the 5 MDG does not perform every day but would in a deployment.



U.S. Air Force Maj. Megan Ostrowski, the clinical team chief from the 5th Medical Group, gives a presentation about mass casualty procedures during a training day at the 5th Medical Group on Minot Air Force Base, Feb. 26, 2025. Every Wednesday morning, the 5 MDG trains to maintain readiness or have meetings to discuss where they can improve certain procedures, such as addressing bottlenecks or equipment shortages.



Tech. Sgt. Courtney Bruno, flight chief of clinical operations from the 5th Healthcare Operations Squadron, draws blood from Staff Sgt. Olivia Hightower, the 5th Medical Group NCOIC, at the 5th MDG on Minot Air Force Base, March 5, 2025. Intravenous procedures are among many procedures performed by 5 MDG Airmen both for everyday labwork and during critical medical situations.



U.S. Air Force Maj. Megan Ostrowski, the clinical team chief from the 5th Medical Group, gives a presentation about mass casualty procedures during a training day at the 5th Medical Group on Minot Air Force Base, Feb. 26, 2025. Everyone in the 5 MDG has to attend the training throughout the month, including leadership in order to maintain and improve lines of communication throughout the group and its two squadrons.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KENDRA A. RANSUM

the northern sentry Salute

TSgt David Bergstrom

69TH BOMB SQUADRON
HOMETOWN: SIERRA VISTA, AZ

Tech Sergeant Bergstrom is a highly accomplished NCO with over 15 years of service to the United States Air Force. As an Independent Duty Medical Technician assigned to the 69th Bomb Squadron, he has deployed more than four times, supporting operations across multiple continents and Combatant Commands. TSgt Bergstrom’s exceptional leadership and unwavering dedication inspire both enlisted and officers alike.

GAME SALUTE: FRIDAY, APRIL 11

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

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2025 DoD Annual Tenant Satisfaction Survey



SAMANTHA MENDOZA, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING



The FY25 Department of Defense (DoD) Annual Tenant Satisfaction Survey is now open and will run through May 1. This survey gives Minot Air Force Base housing and dorm residents (*new this year*) the opportunity to provide valuable feedback that directly impacts the future of military housing.

Residents have two options available to obtain and complete a survey:

1. CEL and Associates, Inc will send out surveys via your Air Force email or the one on file with the leasing office. The message is from AirForceHousingSurvey@celassociates.com and is good for completion of one survey.

2. Use the QR Code to request text notification of survey availability.

The survey results help Department of the Air Force leadership and project owners identify areas for improvement, ensuring the long-term sustainability and quality of housing for service members and their families. All responses are **completely confidential**. CEL & Associates, the independent firm conducting the survey, will handle all responses, and no identifying information will be shared with the Air Force.

This feedback is essential in shaping the future of base housing/dormitories. For any housing concerns or questions, residents can contact the **Resident Advocate** at 701-818-7075 or on Facebook at **Minot AFB Resident Advocate**.



U.S. AIR FORCE

It's time for the FY25 Department of the Air Force's Annual Tenant Satisfaction Survey. Are YOU In?

Opt-In from your cell phone now to receive your Survey via text message.*



U.S. phone numbers only at this time

The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households living in privatized, or government managed Air Force Family or Unaccompanied Housing are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. Households will also receive the survey via email but only one survey per household can be submitted or room/bed for Unaccompanied Housing. All surveys submitted are confidential and anonymous. For more information contact your Military Housing Office or management office for privatized housing.

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5 APR
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For more information:
Facebook/ Blue Rider/ Events

9 APR
SEXUAL ASSAULT AWARENESS WALK
4:00 PM
Minot YMCA,
3515 16th Street SW, Minot, ND

April is Sexual Assault Awareness Month.
The goal of SAAM is to raise public awareness of sexual assault and educate communities on how to support survivors and prevent future violence. Join us for a 1k walk in support of the 1000 clients we have served. The 1k walk will take approximately 15 minutes, and attendees can come anytime between 10am and Noon



For more information:
Facebook/ Domestic Violence Crisis Center/ Events

17 APR
APRIL SHOWERS BRING MAY FLOWERS POTTING CLASS
2:00 PM - 4:00 PM
Magic City Discovery Center,
1545 1st Street NW

In this fun and educational potting class, children will explore the magical journey of a plant's life cycle—from seed to sprout to bloom! Through interactive activities, they'll learn how water, sunlight, and soil work together to help plants grow. The highlight of the class is a hands-on potting experience, where each child will plant their very own flower to take home and nurture. Perfect for little green thumbs or anyone curious about nature, this class inspires creativity, responsibility, and a love for gardening. Ages: 4-9



For more information:
Facebook/ Magic City Discovery Center/ Events

17 APR
DOWNTOWN BUNNY HOP
10:00 AM - 12:00 NOON
Various Locations
Downtown Minot

Join us for the annual Bunny Trail in Downtown Minot on Thursday, April 17th from 10am until 12pm. Bring your Easter baskets to collect goodies from participating businesses. Maps will be available at several locations. Open for preschoolers and under. Free to the public.



For more information:
Facebook/ Downtown Business & Professional Association/ Events

19 APR
MINOT HOT TOTS AND HONEYBEES EASTER EGG HUNT
10:00 AM
Corbett Field, 1124 E Burdick Expy

Come on down to Corbett Field this Easter Eve to celebrate the upcoming spring season with inflatables, pictures with Tate R. Tot and the Easter Bunny, and an Easter Egg Hunt for children ages 1 – 9! This event is completely FREE to the public



For more information:
Facebook/ Minot Hot Tots/ Events

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Retreat for woman April 26 focuses on Living Intentionally Free Every-day

Presented by Mary Lingelbach

ROD WILSON, NORTHERN SENTRY

This April 26th Empowerment Retreat is titled Living Intentionally Free Every day, Rise Above the Pits of the Past. Stop the Internal Struggle of Guilt & Shame. Breakthrough the Hidden Wounds. The retreat is during April purposely because it is Sexual Assault Awareness month. But for Mary Lingelbach, who has been holding these retreats for over 10 years, returning to her hometown of Minot is important because “I am able to bring this retreat to them where women from all around, Velva, Sawyer, Max, (and of course the Minot Air Force Base) can attend” according to Mary.

And the retreat is not only about sexual abuse, “it deals with wounds from the past. Divorce, incest, abortion, miscarriage” continues Mary “by working with women to teach them to live intentionally free every day, to walk in their purpose. It’s not my purpose, it’s totally their purpose.”

Mary Lingelbach shares that many deal with these issues every day. “But when they try to find help they are sabotaged by fear and doubt and that causes them to stumble along the way as they struggle to find help.”

She explains that the very nature of a woman is to care. “They find themselves caring for family and kids while still maintaining a job. They are the first ones out there, on the front lines, and thus they turn themselves ragged and start to wear down. They often find themselves dealing with depression, stressed relationships, and health issues. We (women) kind of do it backwards. In an airplane they tell you that if the oxygen masks come down to help yourself first, and then help others. We find ourselves helping others and not having the time or the energy to help ourselves.”

Mary explains that she doesn’t want women who attend the retreat to think that they will hear from someone who thinks they have it all together “I don’t” she explains “All

women deal with these things,

and they don’t necessarily have the energy or the time to stop and take care of themselves.”

I believe that we need to “live life intentionally every day. We all have hurts, kind of like pricking your finger with a thorn. But you can’t dwell on that hurt forever. All those hurts don’t have to define you. Life is full of thorns, that don’t have to ruin your life. A lot of times in life we need to just rip off the scab and address the hurt. We can’t do that too soon, sometimes it takes time, but we need to take steps toward a life of hope and peace, and experience what that life may look like.”

According to Mary, women who attend the retreat will be learning about themselves, “and learning that from the knowledge they gain, they can apply that knowledge and gain wisdom. Not one size fits all. They can answer the questions they have about their lives, and now they can define themselves. As a life coach I have worked with women who are millionaires. But having money doesn’t mean they have it all together.”

Mary hopes that women at the retreat learn about themselves, and then they can apply that knowledge to walk in the gifts they have and help others. “I’m really pretty black & white. I am there to help the women who attend. If what we find out hurts, it hurts. If it’s sad, it’s sad. I want to be able to encourage them to step out because there is so much more. Fear holds us back; My heart is for the women to be able to come, and not just take away knowledge, but take away a nugget of truth and be that person that they were created to be. They have been equipped and empowered to carry that through life. So often 2-5 years later they are dealing with the same things. I want to show them how to move on.”

Mary shares that “the #1 thing women do? They care for others. Once we have been abused then we (women) pull back. We often hide behind caring. There are



Mary Lingelbach

those around us who are very caring. But we look into their life and it’s a train wreck.”

Mary also hopes to teach women “To be able to love like you’ve never been hurt. And yet we know that life is going to hurt us.”

No reservations needed for the April 26th retreat. It takes place at the Grand Hotel, 1505 North Broadway, from 10:00AM to 1:30 PM in the Skien Hall. “Living Intentionally Free Everyday”. “Come expecting to receive what you need to be all that you can be.”



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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

P	A	L	S			S	O	A	R	S			S	T	E		
A	L	I	T			I	G	L	O	O			S	K	I	N	
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SUDOKU

Solution to puzzle on page B9

		1	2				3	
4		5			3	1		
			4				6	5
6			7		2		4	
7			8		4			1
	1		3		9			8
1	9				8			
		3	1			2		9
	4				7	5		

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CROSSWORD PUZZLE

- Across**
- 1. Book ID
 - 5. Grocers stock them
 - 9. Sideshow attractions
 - 14. Fishing device
 - 15. Alice's guest, in song
 - 16. "The ___ near"
 - 17. Huge name in films
 - 18. Writer Hubbard
 - 19. Site of a 16th C. council
 - 20. Shortly, become a success?
 - 23. Bao ___ (former Viet emperor)
 - 24. Strike sticking point
 - 25. Summer Games org.
 - 26. Short New Testament event?
 - 33. Maria of the Met
 - 35. Kind of moron?
 - 36. Murmur romantically
 - 37. Bring shame to
 - 38. That, in Tijuana
 - 39. Severe
 - 41. Murray Schisgal play
 - 42. St. Martin, e.g.
 - 43. Research site, Los ___
 - 44. Prepare for an abbreviated attack?
 - 48. Clumsy clod
 - 49. Chicago-D.C. dir.
 - 50. Japanese computer giant
 - 53. Abbreviated John Denver hit
 - 58. Word with code or colony
 - 59. Five-time Wimbledon champ, 1976-80
 - 60. Med or rad add-on
 - 61. Pernod flavoring
 - 62. Deity of Nefertiti
 - 63. Carpenter's groove
 - 64. Brief but meaningful
 - 65. Lays down the lawn
 - 66. Choice word

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23					24					25				
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33	34						35					36		
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		53	54				55	56				57		
58						59					60			
61						62					63			
64						65					66			

- Down**
- 1. Homeric epic
 - 2. Diploma word, sometimes
 - 3. Slovakia's capital
 - 4. Following
 - 5. Fragrant ointments
 - 6. Southwestern gulch
 - 7. Purloin
 - 8. Sound unit
 - 9. Go on a winning streak
 - 10. Add to
 - 11. Heaven on earth
 - 12. Word with crab or cobra
 - 13. Atl. crosser
 - 21. First name in talk
 - 22. Like Tim Cratchit
 - 27. Trains over the st.
 - 28. "Hey, long time ___"
 - 29. Tic-tac-toe line
 - 30. Universal
 - 31. Marquand's Mr.
 - 32. Sock parts
 - 33. Serene
 - 34. Border on
 - 38. Seasonal aide
 - 39. Sci-fi staple
 - 40. Cleveland cager, for short
 - 42. Up in the air
 - 43. Gives out
 - 45. What some drivers carry
 - 46. "Annie Get Your Gun" heroine
 - 47. Closed in on
 - 51. "Holy smokes!"
 - 52. Actress Sevigny
 - 53. Italian painter Guido
 - 54. "Put a lid ___!"
 - 55. Many Wall St. types
 - 56. Baum barker
 - 57. Sweep under the rug
 - 58. Mushy food



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Winners Revealed for Best Of!

The Minot AFB Best of Awards 2025 winners have been chosen by you, the MAFB community! Your votes helped recognize the best spots on and off base,

showcasing the incredible places that make life here special. This is a testament to the strong, connected community we have at Minot AFB and the positive

impact we have on the local area. Thank you to everyone who voted, and congratulations to all the winners!



Nick Holwegner, Atypical Brewery Owner and Steven Yankovich, Brewmaster, accepted their award for Best Local Nighttime Hotspot. "Winning the Northern Sentry "Best Of" Award is truly an honor for Atypical Brewery. Knowing that the men and women of our Air Force Base voted for us makes it even more special. We're incredibly grateful for their support and service, and we're proud to be a place where they can enjoy great beer and community. Cheers to them!"



Ken Oda, General Manager of the Minot Minotauros gladly accepts the award for the "Best Local Winter Activity in Minot" award for the 3rd year in a row!



Lil Riders Indoor Playground was awarded "Best Hang Out on Base." Bomber Bistro Manager, Tracy Henry-Todd accepted the award.



We're incredibly grateful to everyone who voted for us, and we share this recognition with every fairgoer who makes the North Dakota State Fair the special event it is each summer. Thank you for your continued support—we'll keep working to make each year even better."- Craig Rudland, Manager of the North Dakota State Fair.



Sabreena Deadmond, Manager of Ebenezer's Eatery & Pub exclaimed, "We are proud to serve our MAFB guests, and honored that they voted us Best Restaurant in Minot!"



Deanna Macias, Manager at Rockers accepts the award for "Best Food Place on Base"



Mrs. White's 1st Grade Class got the honor of representing North Plains Elementary, which won the Best School Award for the second straight year. "We represent the whole school, and we are happy that North Plains is once again "The Best!"

A LOOK BACK THIS WEEK IN USAF HISTORY

PAUL W. AIREY BECOMES THE FIRST CHIEF
MASTER SERGEANT OF THE AIR FORCE
APRIL 3, 1967



CMSAF Paul W. Airey (USAF Photo)

Paul Airey was born in 1923 and raised in Quincy, Massachusetts. He joined the Army Air Forces on November 16, 1942 and spent his more than 27 years in service as an aerial gunner, radio operator, first sergeant, personnel sergeant major, and as the first Chief Master Sergeant of the Air Force. During World War II, Airey was a crew member on a B-24 bomber that was downed by anti-aircraft fire over Vienna, Austria. The crew of that bomber were immediately captured and kept as prisoners of war until May 2, 1945. In 1967, he was promoted to the new position of CMSAF, making Airey the highest ranking enlisted Airman. He aided and advised the secretary of the Air Force and the chief of staff on matters pertaining to enlisted airmen, such as assignments and promotions. He was also a strong advocate for enlisted professional military education and pushed the Air Force to give more training to Senior Noncommissioned Officers. After his time as CMSAF, Airey returned to Tyndall AFB, Florida where he became a first sergeant. Paul Airey retired on August 1, 1970 and moved to Florida with his wife, Shirley. He became an active part of the Air Force Sergeants Association, Air University Foundation, Airmen Memorial Museum, and Airmen Memorial Foundation. He passed away on March 11, 2009.

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MINOT AIR FORCE BASE NEWSPAPER

BEST of Awards

Thanks to all the MAFB community members who nominated and voted in the Best of Minot AFB Awards this year! Because of you, we are able to highlight the special places and businesses around town that are truly loved.

The 2025 Winners ARE.....

BEST FOOD PLACE ON BASE
Rockers Bar & Grill

BEST HANG OUT ON BASE
Lil' Riders Indoor Playground

BEST RESTAURANT IN TOWN (MINOT)
Ebenezer's Eatery & Irish Pub

BEST LOCAL WINTER ACTIVITY/RECREATION
Minotauros Hockey

BEST LOCAL SUMMER ACTIVITY/RECREATION
North Dakota State Fair

BEST DAY TRIP LOCATION (WITHIN 4 HOUR DRIVE FROM MAFB)
Teddy Roosevelt National Park

BEST SCHOOL ON OR OFF BASE
North Plains Elementary

BEST LOCAL NIGHTTIME HOTSPOT
Atypical Brewery

Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems. Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- Tire pressure: The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.
 - Rotation: Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.
 - Balancing: AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.
 - Alignment: Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.
- Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.



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ANIMAL SPOTLIGHT



AMERICAN BISON

CREATURE FEATURES

- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.

Fact File

Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore (Herbivore) Grasses, Sedges, Shrubs





EASTER

— wordsearch puzzle —

B	E	C	H	I	C	K	E
U	B	G	R	N	W	C	N
T	U	N	N	Y	A	T	T
T	K	C	Y	F	F	L	O
E	A	K	U	H	B	Y	W
R	F	L	Y	E	N	E	E
Y	K	E	T	C	R	G	R
C	A	R	R	O	T	G	E





Find objects in the picture and in the puzzle



BUTTERFLY EGG
FLOWER BUNNY
HEN CHICKEN
CARROT

ANSWER

B	E	C	H	I	C	K	E
U	B	G	R	N	W	C	N
T	U	N	N	Y	A	T	T
T	K	C	Y	F	F	L	O
E	A	K	U	H	B	Y	W
R	F	L	Y	E	N	E	E
Y	K	E	T	C	R	G	R
C	A	R	R	O	T	G	E

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★ MONTH OF THE ★
MILITARY CHILD
APRIL



Month of the Military Child:
North Dakota and Minot Air Force Base

April 2025 Month of the Military Child Minot AFB, ND

SUN	MON	TUE	WED	THU	FRI	SAT
All Month Long: Month of the Military Child Book Display at Minot AFB Library & Magic City Sweets* FREE scoop of ice cream		1 Rockin' into MOMC at YC Clap-In 2:30-4:15pm	2	3	4 Proclamation Signing Bismarck, ND 12:00pm ND PURPLE UP DAY	5
6 Magic City Discovery Center* FREE ADMISSION for all military families	7 Magic City Discovery Center* FREE ADMISSION for all military families	8 Magic City Discovery Center* FREE ADMISSION for all military families	9 Minot AFB Library Literacy Story Time Program 10:30am Magic City Discovery Center* FREE ADMISSION for all military families	10 Homeschool Spring Festival (community-wide homeschool event) Bud Ebert Park 12pm-3pm Magic City Discovery Center* FREE ADMISSION for all military families	11 Dakota Elementary Clap-In and Assembly 8:40am Minot AFB Thrift Store One Free Item to Military Child 4-6pm MOMC Carnival at Youth Center 6-8pm (Open to the Base) Magic City Discovery Center* FREE ADMISSION for all military families	12 Minot AFB Library Star Wars Program 1:00pm Magic City Discovery Center* FREE ADMISSION for all military families
13	14	15	16 Minot AFB EFMP & Library Egg Hunt 3:30pm	17 Pre-teen Glow Dance Spectacular at the Youth Center (Open to the Base)	18 Qdoba* FREE CHIPS and QUESO for kids under 12 years old with purchase of an entrée (south location only) Putt District* FREE game for all military children	19 Putt District* FREE game for all military children
20	21 Minot AFB Food Court and Exchange 9:30am-10:30am Pancake Breakfast (\$1 children 1-17, \$4 adults) & 11:30am-1:00pm Crafts and Fun!	22 Glenburn School Live Music Event: Farah Siraj 10:00am (Homeschoolers Invited)	23	24 WeeLinks Golf* FREE evening of golf and clinic to all military families	25 Memorial Middle School Clap-In and North Plains Clap-In & Assembly 7:20am/8:30am Operation Megaphone – MS Late night Teen Lock-in at Youth Center (Open to Base) Tie-Dye Shirt Event Minot AFB Housing -Sign-ups Required-	26 MAFB Spouses' Group* Scholarship Brunch 10-11:30am (contact MAFB Spouse Group to Attend)
27	28	29	30 FCC Provider Spotlight Minot AFB Housing Residents Nominate a FCC Provider for a Prize Skate Party and Craft Parent Involvement (School Age Care-only event) Minot AFB Library Literacy Story Time Program 10:30am	<i>"The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends." -unknown author</i> *Minot ND Business – No endorsement intended		



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER,
GS-12
DEPARTMENT OF THE AIR FORCE
SCHOOL LIAISON PROGRAM

“April is the perfect month to usher in Spring but it is also a great time to “Purple Up” for military connected students!

The Month of the Military Child (MOMC) is celebrated in April and is a time to show our support for military connected students across the United States and also abroad. In North Dakota, there are more than 12,500 active duty, national guard and reserve military members in North Dakota. In addition, more than 8,500 military connected children in North Dakota have a parent or guardian serving in the military. Therefore, April is an incredible time to show appreciation for the strength and resilience of military connected students.

The School Liaison Office is beyond thrilled to usher April in with our installation and community partners. These installation partners include the Minot AFB Library, the Youth Center, the Minot AFB Thrift Store, and the Minot Exceptional Family Member Program. Our community partners are also key and include Minot Public Schools, the Minot Chamber of Commerce, the City of Minot and the State of North Dakota. This is truly an incredible celebration and please see the calendar to learn more of the various happenings in Minot and Minot AFB.

Lastly, our office is also seeking volunteers to assist with “clapping in” students as Dakota Elementary School, North Plains Elementary School, and Memorial Middle School. Dakota Elementary will host their clap in on April 11th, 2025 at 8:40 am and Memorial Middle School and North Plains Elementary School will host their clap in on April 25th, 2025. If you are interested in serving as a volunteer for the “clap ins”, please send an email to MAFB.school.liaison@us.af.mil.

The information in this calendar is provided as a resource and does not constitute endorsement by Minot AFB, the United States Air Force, or the Department of Defense of the information, products, or services contained therein.
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MOMC Highlight: The Aguilera Girls

NATALY ZARRELLA, NORTHERN SENTRY

April marks the Month of the Military Child. It is a time to celebrate and acknowledge the resilience, sacrifices, and unique experiences of children in military families. For the Aguilera kids, military life is a part of their everyday reality, shaping their lives in both challenging and rewarding ways.

ZAFIRAH AGUILERA, 16:

At 16 years old, Zafirah, a student at Minot North High School, has already lived in several different places due to her father’s military career. Zafirah expressed immense pride in her father, “I am proud of how proud he is of himself and everything he has been able to accomplish”. Zafirah has grown up with the exciting opportunity to travel the world. According to her, “My favorite place we have been to is Germany because we got to travel, and my favorite place we went to was Brussels.” However, there are challenges with military life as well. She said, “the most difficult part of being a military child is changing schools frequently and never knowing what comes next.” She remembered feeling upset when the family moved from Germany to North Dakota. Despite the transitions, Zafirah found comfort in Minot’s small-town atmosphere where everyone knows each other. Now she enjoys regular teenage hobbies hanging out with friends, going to the mall, watching hockey games, and going to sleepovers.

When it comes to dealing with her father’s long absences, Zafirah shared her strategy. “It helps that I can text him and call whenever I need to. He answers even when he is doing important things.” When her dad returns from his tour in Korea Zafirah hopes to have him attend one of her track meets. Looking ahead, she mentioned that she hopes the family will be stationed overseas again, with places like Japan or Italy on the top of her wish list.

ZAHARA AGUILERA, 13:

At 13, Zahara, a student at Memorial Middle School, shares her own military child experience including the ups and downs of frequent moves. Zahara said, “The hardest part of military life is having to leave school in the middle of the year”. Despite this, Zahara said she has come to appreciate the close-knit feeling of Minot, where she enjoys spending time with her friends.

When asked to describe her father’s role in the military, Zahara says, “He stops bombs.” Zahara also shared the immense pride she has for her father, “

I am proud of everything he has done for the military and everything he has accomplished”. When it comes to dealing with her father’s frequent absences, Zahara explained, “You just learn to adapt with the changes and it ends up just growing on you so you start getting used to them leaving often.” Though she doesn’t have any specific plans for her father’s return, she expressed that she is simply excited to see him again. Like her sister, Zahara hopes to be stationed in a different country in the future, particularly in France, or anywhere overseas.

ZURIE AGUILERA, 7:

Zurie, the youngest of the Aguilera sisters, was born in Germany and has already experienced the military lifestyle. A student at North Plains Elementary School, Zurie enjoys the unique experiences that come with being a military child, such as traveling to new places. She loves Minot, especially because she gets to hang out with her friends and go to hockey games. One of her most exciting memories was meeting Tank, the Minotauros mascot, at a hockey game. When asked what her father does in the Air Force, Zurie responds, “I don’t know, he takes bombs!”

Zurie, only 7 years old, shared her own way of dealing with her father’s long absences: “I deal with dad being gone by calling him and doing different things

with my mom and sisters.” Her plans for his return are filled with excitement, “We plan to go on a trip when he comes back with my mom, my sisters, and him.” Despite her young age, Zurie’s carefree nature and positive outlook reflect the resilience and joy often found in military children.

For the Aguilera kids, the challenges of military life are balanced by the pride they feel for their dad’s service and the opportunity to experience life in different parts of the world. As military children, Zafirah, Zahara, and Zurie have learned resilience, adaptability, and pride in their father’s career. They represent the countless young people who grow up navigating the complexities of military life, and their stories remind us of the sacrifices military families make every day.

Master Sergeant Fernando Aguilera, an Explosive Ordnance Disposal (EOD) specialist in the U.S. Air Force since 2011, has dedicated his career to keeping others safe. He has been on three deployments, numerous temporary duty assignments (TDYs), and is currently serving on his second tour to Korea. His wife, Yvonne Reyes, and their three daughters—Zafirah, Zahara, and Zurie—have stood by his side throughout the journey, embracing the challenges and rewards that come with military life.



Zurie with her mother Yvonne and father MSgt Fernando Aguilera.



MSgt Aguilera with his three daughters in Minot, North Dakota.



The Aguilera Family traveling Europe and embracing the culture while stationed in Germany.

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★ MONTH OF THE ★

MILITARY CHILD

APRIL



Zahara (8th grade), Zurie (1st grade), and Zafirah's (10th grade) first day school.

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Gotta Have Something To Get Up For In The Morning

Larry Linrud Brings Another Plane Back To Life...

ROD WILSON, NORTHERN SENTRY

This isn't the first time I have featured my brother-in-law, Larry Linrud in publications that I write for, but according to Larry, it may be the last. His project right now is a 1929 WACO Taperwing, not built for any specific task, but used for a "little bit of everything" according to Larry. "They flew people, they flew mail, some of the bush pilots used them, some of them the jury-rigged floats for and they even put them on skis." This particular plane was owned by Kent Pietsch of Minot, "and he's had it for 20 years" says Linrud.

The WACO will be the next in a line of airplanes that have

been either built, repaired or refurbished in the Linrud shop located just north of Velva. The last plane was a Travel Air, and that plane is now holding a spot in a hangar at the Dakota Territory Air Museum.

The WACO rebuilding project started about a year and a half ago, and if everything goes according to plan, the WACO will take flight sometime this summer. "I will keep it around and play with it for a while, and then I'll probably sell it." I was certainly lucky in that recent additions were the tail section and the engine. "The engine has 7 cylinders. That's standard for rotary engines" according to

Linrud. When I arrived, Larry was working on the oil tank. "It needed to be modified a bit so it would fit the plane" which is standard procedure when rebuilding something from 1929 "stuff doesn't always fit right so you just have to make it work."

Linrud is President of the Dakota Territory Air Museum and we had quite a long conversation about the museum and the challenges of drawing people into what is a kind of diamond in the rough. "Yeah, we have the warbirds, but we also have planes from every era of flight. We have a replica of the Wright brothers' plane that flew at Kitty Hawk."

When I asked about how Larry Linrud got started rebuilding planes? "Well basically it's something to do." And then he explained that there is a difference between fixing up an old car vs. fixing up an old plane. "If you fix up an old car, you can never come out on top" says Linrud "when you have to purchase the parts to make it look good, you will have way more into it that what you can ever sell it for." That isn't the case with an airplane. "When a project like this (the WACO) is finished, I more than likely will at least break even, or make a few bucks when I sell it. You know you'll never get anything for your labor, but truth be told, I need a reason to get up in the morning, you just do."

The WACO was in the middle of the shop short of the wings and of course a lot of "little things that are really time consuming" according to Linrud.

For sure there will be a day this summer when folks in Velva can look up and there will be Larry Linruds' blue and white 1929 WACO in flight. And for now, we'll buy into the statement that this will be the last big project...well until the next one.



Larry Linrud stands next to the 1929 WACO that he is restoring, and will hopefully sell someday when completed.



Larry Linrud looking across the newly rebuilt engine. There are 7 cylinders.



Tail section of the 1929 WACO being restored by Larry Linrud.



Not as complicated as today's modern aircraft, the gauges are in the back seat. "That's where you fly it from" according to Larry Linrud.



The wings wait to be installed as Larry moves toward what he hopes is a mid-summer completion date.



A side shot of the 1929 WACO without the wings. "It's taken a log of work to get it this far" says Linrud.

MINOT AFB PHARMACY

How YOU can communicate with US!

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Here are three ways to **ACTIVATE** a prescription at Minot AFB Pharmacy:

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- Using the link or QR code
- Click on 'Message' tab

2. Q-Anywhere

- Text "Get in line" to 1-833-274-5419

3. In Person

- Come pull a ticket at the pharmacy and wait for your number to be called

Do you need to **REFILL** an existing prescription?

Here are two ways to **REFILL** a prescription at Minot AFB Pharmacy:

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- Use the link or QR code
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2. Q-Anywhere

- Text "Get in line" to 1-833-274-5419

3. In Person

- Come pull a ticket at the pharmacy and wait for your number to be called

MHS Genesis Patient Portal

Q-Anywhere

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Giveaway Alert!

It's still chilly outside, enjoy a cozy night at Atypical Brewery's Geo Dome with up to 10 friends! We're giving away a Geo Dome Reservation FREE for a Sunday-Thursday evening.

To enter:

- Subscribe to the Weekly Post Brief (it's that easy!)
- Contest runs April 1 - April 10, 2025
- Winner will be notified via email on Saturday, April 12—so use an email you check!

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~Must show MAFB affiliation to claim the prize
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NOTES ON BEING SAFE

SPRING MOTORCYCLE PRE RIDE CHECK

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



For those of us that live in an area where we have to winterize our bikes and put them up for several months, this article is about getting our bikes dusted off and “ready to ride” for the upcoming riding season.

Before you set out to ride your bike, you should do a quick visual pre-ride motorcycle inspection of the chassis. Look for cracks, bent or missing spokes, loose nuts and bolts, missing nuts, bolts, clips, or pins, and fluid leaks in hoses, seals, or gaskets. Do a quick inspection of the throttle and levers. Ensure that all cables are secured and in good condition. If your motorcycle is chain driven, make sure it is lubricated and not rusted. If your motorcycle is belt driven, make sure there are no cuts or tears in the belt. Refer to your owner’s manual to make sure you are not coming due on any scheduled maintenance for mileage or time. Examples of maintenance could be adjusting brakes, clutch or changing fluids.

headlights, instrument lights, and brake lights to ensure proper operating order. Replace any burnt out bulbs before riding.

Check to make sure your safety features of your motorcycle are working properly. Make sure your engine kill switch works when used. If your motorcycle won’t let you put it in gear with the kick stand down, make sure the motor shuts off when you do. If your motorcycle is equipped with a neutral indicator, check to verify if it indicates when you are in neutral.

Check the mirrors to ensure they are securely bolted and crack free. Adjust the mirrors to the proper position before riding and make sure they are clean and streak free. It isn’t easy to adjust your mirrors while riding, nor is it safe.

Do a visual inspection of your exhaust system. Making sure connections are tight and no baffling is loose or missing. You can then start the motorcycle

to make sure nothing sounds abnormal. Examples would be a ticking engine, loud exhaust, or something vibrating that could come loose.

Lastly, when you are on your bike and “ready to ride” and you take up the kickstand, check to make sure that the spring in the kickstand has enough tension to hold it in position. There is nothing like everyone getting in line to ride and when they make the left hand turn out of the parking lot, the one motorcycle that either didn’t check their kickstand for faulty springs or left it down, goes belly up in front of everyone.

All of this may sound like it will take a long time, but in reality, once you do it a couple of times, it takes about five to ten minutes each ride. The time invested in a pre-ride motorcycle inspection is certainly better than paying for a tow home or being stranded on the side of the road.

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Always, check the tire pressure before going out on the road. Ensure that the valve stems are seated correctly and are tight. Check to ensure the tire pressure matches the recommended manufacturer air pressure for your specific tire. Usually, you can find this information in your motorcycle user manual or the tire manufacturer’s website. Check the tread depth; look for foreign objects, or uneven wear.

Check the fluid levels. Always check the oil and make sure you have a full tank of gasoline. One tip I can pass on is to also go by your miles, rather than the float on the gas tank, because often it can be off by as much as 2 gallons. I make sure I keep track of my miles, that way I know when it is time to fill up. If you have a locking tank, take your key with you in case you run out of gas. Don’t assume that all tank keys are made the same because they aren’t, take this from the voice of experience.

Check the battery to make sure the terminals are clean and tight fitting. A battery that has discoloration or bulging is a sign of a bad battery needing replacing.

Test your horn, turn signals,

“Be the Cause of Art” Gala: A Season of Celebration and Creativity

HANNAH WATERS, NORTHERN SENTRY

The “Be the Cause of Art” Gala and Art Auction, now in its second year, is a heartwarming event that brings together the Magic City’s art enthusiasts, philanthropists, business leaders, and community members. All share one important mission: to support those affected by Parkinson’s disease and mental health challenges. This special evening not only celebrates the power of art but also demonstrates the incredible impact that compassion and community can have on transforming lives.

The inspiration for this event comes from a deeply personal journey. After being diagnosed with Early Onset Parkinson’s in February 2014, the event organizer, Holly Jacobs, was driven to create a space that would combine her passion for art with the desire to raise awareness and support for those facing similar challenges. “Be the Cause of Art” was born out of a commitment to help others, using art as a powerful tool for healing, connection, and advocacy.

Funds raised at this year’s gala will go toward a new initiative, Sparkle Art: Put the Spark Back Into Art! This innovative program will integrate art therapy with mental health support, offering “paint-and-chat” sessions where participants can engage in mindful conversations about mental health with the assistance of a licensed therapist and a preacher who specializes in counseling. Mrs. Jacobs also provides counseling herself using guided questions for Parkinson’s to make each participant dig deep and think about their feelings towards Parkinson’s. The program aims to make a lasting impact on individuals living with Parkinson’s and mental health challenges by providing them with a space to express themselves through art. With support from (W)Evolve’s, 501(c) sector, local artists, and organizations like Nature’s Nook and MAFB, the initiative will remain accessible to those who need it most year-round, with many costs covered!

Attendees of the gala can expect an exciting art auction filled with donated beautiful original works from local artists, as well as a range of unique items and experiences. Whether you’re a seasoned art collector or new to the auction world, there’s something for everyone. Most importantly,



Holly Jacobs in standing in front of her Painting, “Rage”

each bid placed supports a cause that is making a real difference in the lives of those affected by Parkinson’s and mental health. In fact, one hundred percent of the proceeds are put towards the cause!

The event will take place at the Depot Downtown Minot on April 14th, 2025, and attendees will be treated to a fun and engaging evening. Highlights include Blingo (a surprise twist on bingo), Parkinson’s trivia, and fantastic prizes. Pam Emill from 5 Second Rule Bracelets will deliver the keynote address. Dakota Chappy will serve as the Master of Ceremonies, or MC, and jazz music by Eric Anderson from the

Minot Orchestra Symphony will set the tone for the Paris-themed evening.

“Be the Cause of Art” is more than just an event; it’s a movement that combines the healing power of art with the strength of community. This unforgettable evening offers an opportunity to make a lasting impact, all while supporting those affected by Parkinson’s disease and mental health challenges. Tickets are still available for this inspiring event. For more information or to purchase tickets, attendees can contact Holly Jacobs directly. Tickets are \$50 and Ms. Jacobs can be reached at (850)-758-7006!

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Where Can I Get My Medical Records Now?

ERIN BEENE, NORTHERN SENTRY

As of April 1st, the TRICARE Online (TOL) Patient Portal has officially closed. What does this mean for you? If you didn't download your older medical records before the shutdown, retrieving them will be a bit more complicated; but don't worry, they are not lost. Let's break down what you need to know.

Military medical care is constantly evolving, so while the closure of the TOL portal may seem inconvenient, it's still manageable. To clarify the process, I reached out to the 5th Medical Group and explored MHS Genesis myself to see what records were available. Although the experience wasn't entirely seamless, I was able to access medical records for both myself and my children dating back to 2022. However, anything prior to that appears to no longer be available through the new system.

The military has issued several reminders urging people to download their records before the April 1st transition, but what happens if you didn't? In a TRICARE Newsroom article titled TRICARE Online Patient Portal Decommissioning: Download Your Health Records Now, officials reassured patients that "providers will still have access to your complete health records." This means that while personal

access may be more difficult, military medical providers still have your records on file.

1st Lt. Rachel Folsom of the 5th Medical Group confirmed that past medical records are still available through your primary care provider, regardless of which base you are stationed at. She explained, "Medical records are available through the beneficiaries' military hospital or clinic. They just won't be able to download their legacy electronic health records from the TOL Portal for personal use."

In the same article mentioned above, it also stated: "If you missed the opportunity to download your records before April 1st, you can still request a physical copy from your military hospital or clinic's records management office. To do this, you'll need to complete a request form in person and return at a later date to pick up your records"

Now that we've established your older records are still accessible, let's talk about retrieving more recent medical records through MHS Genesis. If you haven't yet, log into MHS Genesis and explore what's available. My experience with the system was a bit clunky, but I was ultimately able to access my health record information, but only from now back to 2021.

MY EXPERIENCE LOGGING INTO MHS GENESIS:

1. Googled "MHS Genesis Patient Portal" and located the correct link.
2. Forgot my login credentials and had to recover both my username and password.
3. Answered security questions and reset my password (which requires updating every 60 days).
4. Logged in, completed verification via text code, and accepted government policy agreements.

5. Finally accessed the portal and retrieved records, including immunization history and lab results.
6. Attempted to download a 2022 health report but received an error message.
7. All other available records were viewable.

While I haven't interacted with MHS Genesis much in the past, the transition doesn't seem like a major issue. The records are there if needed, and while retrieving them may not be as seamless as before, it's still

possible. If you require your medical history for a doctor outside the military system, your primary care provider should be able to obtain and transfer the necessary documents from your entire health record.

Ultimately, if you didn't download your records from the TOL portal before it shut down, that's okay. The military still has your older records on file, and you'll continue to receive the same level of care moving forward—just through a new system, the MHS Genesis.

Change Password

Create a password for your account.

Password Requirements:

- ✗ Passwords must be at least 15 characters but no more than 128
- ✗ At least 1 lowercase letter
- ✗ At least 1 uppercase letter
- ✗ At least 1 number
- ✗ At least 1 special character, no spaces allowed: @_#%&'()*+,-./:;<=>?[]^_`{|}~
- ✗ You cannot use your birthdate, SSN, name, phone number, or ZIP code
- ✗ When changing a password, your new password must have at least 6 characters be different
- ✗ When changing a password, your new password must be different than the current and 10 previous passwords
- ✗ You cannot change your password more than once every 24 hours

Enter your password below. Note that:

1. All passwords expire in 60 days and will need to be changed prior to expiration. You may want to note your password expiration date on a calendar. As a security precaution, your password should never be written down.
2. When entering your password below, you will know your password meets the password requirements when all lines above are green. If there are any red lines, go back and adjust the password to meet the requirement identified.
3. You are required to sign in at least once every 180 days to prevent your account from being deactivated.
4. When finished, always log off and CLOSE all tabs and browser windows to prevent PII loss.

MHS Genesis requires a new password every 60 days and the entire account can be deactivated after 180 days if you don't log in.

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6:00pm 705 MUNS L(60) VS 791 MSFS W(65)

Tuesday March 25th
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Thursday \$1 up for all Tall Taps (all day)
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OUTDOOR

REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, March 31: 1,931.45 feet above mean sea level (MSL); 16,900 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.47 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.42 MSL.
•N.D. Game & Fish Dept. game wardens: No new reports.
•Devils Lake, Woodland Resort, Devils Lake: Open water along the bridges of Devils Lake with some success from shore.
•Lake Darling, Karma C-Store, Ruthville: No activity with deteriorating ice conditions.
•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: No new reports.
•Lake Metigoshe, Four Seasons, Bottineau: Limited access and activity with deteriorating shoreline conditions. Those anglers going out are finding a few walleye in the evening with continued pike success. No bluegill reports.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: A few anglers walking onto the ice on east end of Lake Sakakawea with some walleye success. Use extreme caution, however. Try the back bays for pike in areas with open water shorelines. Missouri River tailrace remains fair for walleye.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Use extreme caution if walking onto the ice on the east end of Lake Sakakawea but some anglers finding pike success over the last weekend around Centennial, Steinke, and Douglas bays. No activity on Lake Audubon with some open water.
•Lake Sakakawea, New Town: No new reports from the Van Hook Arm.
•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye for both boats and shore using jigs with minnows or plastics from boats or crankbaits from

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They’re located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



- New fishing licenses now required for the season.
- April 9: Registration now open for two Lake Metigoshe State Park Fly-fishing/fly-tying workshops in June. Go to, (<https://bit.ly/LMSPShowClix>), for information and registration.
- April 11: Badlands Toms Nat’l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5 p.m.
- April 12: Spring turkey season opens.
- April 12: Williston Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.
- April 12: Maple Sugaring Day, Fort Stevenson State Park, Garrison, beginning at 10 a.m. Contact the park, (701) 337-5576), for details.



shore. Also try the wing walls.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea has open water from Lewis & Clark State Park to the west but most boat ramps still iced in. No docks are in place on the Missouri and Yellowstone rivers but the rivers are open with some improving water clarity and better walleye activity.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes with anglers waiting for open water. Souris River shoreline slumping with dangerous conditions so now activity.

SNOW GOOSE MIGRATION:
•Some birds still along the Missouri River with fair numbers of flocks filtering through northwestern N.D. Large numbers of birds moving through and feeding across north-central N.D. and the Devils Lake area early in the week.

NUMBERS TO KNOW:
•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
•Report All Poachers: (701) 328-9921.

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NOTICE

NOTICE

Minot AFB, ND – 2d Lt Jacob Trach from the 5th Contracting Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA. DAWSON CHERICO; 5TH OPERATIONAL SUPPORT SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt Jacob Trach: COMM: 701-723-1293

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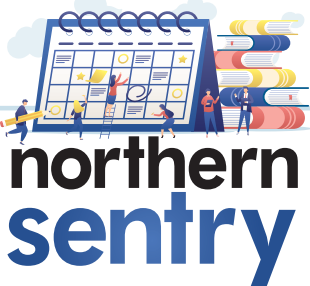
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MINOT STATE UNIVERSITY – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor’s degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

TIMMOTHY TIMM

Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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RESTAURANT & ENTERTAINMENT GUIDE



Atypical Brewery & Barrel Works

510 Central Ave E, Minot
Phone: 701.833.0567
FB: Atypical Brewery & Barrelworks

Applebee’s Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone’s BBQ Smokehouse & Grill

437 N Broadway, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

Culver’s Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Dakota Square Mall, Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Meg-A-Latte

2045 N Broadway Suite #100, Minot
Phone: 701-838-8479
www.meg-a-latte.com

Mi Mexico

3816 South Broadway, Minot
Phone: 701.852.0777
www.mimexicominotnd.com

N.D. Asia

3400 16th St SW, Minot
Phone: 701.852.1240
www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Pink’s Bar & Grill

102 128th Ave NW, Minot
Phone: 701.852-2385
FB: PinksBarGrill

The Blue Rider

118 1st Avenue SE, Minot
Phone: 701.852.9050
www.theblueriderbar.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com





FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature
APRIL 2025

KATIE COSTER

What do you enjoy most about being an FCC Provider?
I love watching the kids learn new things and grow. I enjoy doing projects with the kids and going on walks exploring the different parks on base.

What advice do you have for new providers/those interested in being FCC Providers?
Don't be afraid to ask questions and have fun. It takes a while to get a good routine and learn what works for you best, but once you do you can have so much fun.

What are your interests/hobbies?
I love playing video games, baking and sewing.

For more information about FCC, please check out the following website:
<https://5thforcesupport.com/family-child-care/>



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30 DAY EXCHANGE**

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Women's Empowerment Retreat

Living Intentionally Free Everyday

Rise Above the Pits of the Past

Stop the Internal Struggle of Guilt & Shame

Break Through the Hidden Wounds





April 26th, 2025

10am-1:30pm

Grand Hotel (Skien Hall)

Minot, ND

Cost: Free Will Offering



Mary Lingelbach
Broken No More
Riverdale, ND
maryl@beu.midco.net

Tameia Anderson
Speaker
Fargo, ND

Tanya Humphreys
Speaker
Minot, ND

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NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

SIGN UP TO "FLY"

Patricia Stockdill

Lake Metigoshe State Park wants to take people "flying" in June.

Granted, it's not flying through the air, but rather it's flying atop the water, skimming glistening Lake Metigoshe with a fly rod tipped with a handmade fly-tie participants crafted themselves.

Yes, it's time to learn – or reconnect with the art of fly-fishing and fly-tying - by attending a "Fly & Tie" workshop at the N.D. Parks and Recreation Department's Lake Metigoshe State Park northeast of Bottineau.

This is the second year the park offered the two-day workshop, described Lake Metigoshe State Park Outdoor Education Coordinator Amy Schimetz. Last year's workshop drew participants of all ages. Some were beginners; others re-honing their skills or taking it a step farther by learning the art of fly-tying, she added.

From the flick of a wrist in casting a fly rod to the skill of fly types, sizes, and the "how-to" of making a fly, it all comes together with an opportunity to fly-fish for species such as bluegill, crappie, or walleye on Lake Metigoshe. Here's the scoop on Lake Metigoshe State Park's two "Fly & Tie" fly-fishing and fly-tying workshops, conducted by Stanley, N.D. instructors and avid fly-fishers Chuck and Alecia Pulver in June:

- Registration opens April 9 at noon online, (<https://bit.ly?LMSPShowClix>).
- Two opportunities to attend: June 14 and 15 or June 23 and 24.
- Day One for both workshops runs from 9 a.m. to 4 p.m. with the following day from 8 a.m. to 2 p.m.
- \$125 registration fee includes fly-tying materials and use of fishing gear, including rods, vises, fishing waders, etc.
- The workshops provide hands-on learning so class sizes are limited to 12 people and designed for beginners.
- Participants must be at least 12 years of age or 10 years old if registering with a parent or guardian.
- No worries if a participant hasn't purchased their 2025 North Dakota fishing license because the workshop's on-the-water fishing opportunity is an educational workshop in conjunction with the N.D. Game and Fish Department.
- Daily N.D. Parks and Recreation Department state park entrance fee or an annual pass is needed to enter the park.
- What to bring: Dress in layers for North Dakota's variable spring weather – even in June. The workshop is both inside and outdoors because participants will be fishing. Also, bring your own meals, snacks, and beverages, along with insect repellent and sunscreen.
- Ticket sales are final, although Lake Metigoshe will provide refunds if the park has to cancel the event.
- Registration closes five days prior to each workshop unless sold out.
- Participants can reserve yurts, cabins, or campsites at the park, (www.reservendparks.com).
- Contact Lake Metigoshe State Park Outdoor Education Coordinator Amy Schimetz with questions, (701) 263-4514, or email, (aschimitz@nd.gov).

The two fly-fishing workshops are just an example of the array of hands-on outdoor learning opportunities

the park hosts in a given year to reach all age groups and demographics, including their annual winter and fall Wild Outdoor Women (WOW) events, summer day camps for children in a variety of ages, and specialty workshops such as antler knife making or crafting handmade Ojibwe traditional snowshoes.

Participants often register with family members, Schimetz added – mothers and daughters, fathers and sons, couples, siblings, or simply a group of friends. "It just goes to show all ages and demographics can connect and make memories in the outdoors," she exclaimed.

Whether a person or group of people are beginners whose interest is piqued by the idea of learning fly-fishing and fly-tying or an angler wanting to reconnect with the art, Lake Metigoshe State Park has a workshop worth checking into.

Lake Metigoshe State Park is located northeast of Bottineau along the United States – Canadian border. Go to their website, (parkrec.nd.gov/lake-metigoshe-state-park), for more park information.



Learning the delicacy and art of fly-tying is just part of Fly & Tie workshops coming in June to Lake Metigoshe State Park north of Bottineau. Details and registration is available at (<https://bit.ly?LMSPShowClix>).

LAKE METIGOSHE STATE PARK PHOTO



Beginning fly-fisher Amy Schimetz is all smiles after landing a beautiful bluegill during the 2024 Lake Metigoshe State Park Fly & Tie workshop.

LAKE METIGOSHE STATE PARK PHOTO



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WHAT'S GOING ON MINOT AFB

FRIDAY04

- FTEC, 0730-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Fish Fry Friday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Month of the Military Child Ice Cream Social, 1600-2000, Jimmy Doolittle Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

TUESDAY08

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Zumba, 1700, McAdoo Fitness Center

FRIDAY11

- FTEC, 0730-1600, Professional Development Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Famaganza, 1800-2000, Youth Center

SATURDAY05

- Cold War Spy Escape Room Game Begins, Minot AFB Library
- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- Carlos Mencia Comedy Tour, 1900, Rockers Bar & Grill
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

WEDNESDAY09

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY12

- Zumba, 0800, McAdoo Fitness Center
- Star Wars Spectacular, 1300, Minot AFB Library
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

SUNDAY06

MONDAY07

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Sponsorship Training, 1300-1430, M&FRC
- Cycle, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

THURSDAY10

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1700, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
Banh Mi Sandwich
Marinated pork with a slaw and sriracha mayo sauce on a hoagie roll!

The B-Fifty Brew Featured Item
Southwest Chicken Breakfast Burrito
Bell peppers, onion, black and pinto beans, eggs, cheese, and seasoned potatoes!

Rockers Bar & Grill Featured Item
Harvest Salad
Spring Mix, cranberries, sunflower kernels, mozzarella balls, cherry tomatoes, crumbled boiled egg, and croutons. Add chicken or shrimp!

FAMAGANZA

Month of the Military Child Carnival
11 April 2025 • 6:00PM - 8:00PM • Youth Center

Free Family Fun!
Inflatables • Games • Airbrush
Vance Floor • Snacks • And More!

Enjoy a carnival to celebrate the great youth of the military and their resiliency, sacrifice, and support all while bringing the best to our communities.

Don't forget to wear purple to show your support and appreciation for our military kids!

For details, call the Youth Center at 723-2838

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HIGH-TECH HOME RUN DERBY

ROUGH RIDER BOWLING CENTER

18 APR 2025
4PM - 9PM
REGISTER BY 11 APR

SCAN THE QR CODE OR VISIT
MEMBERPLANET.COM/S/MINOTAFBCLUBS/18APRHOMEUNDERBY

\$20 PER PERSON
CASH PRIZE!
CONTACT US TO RESERVE
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INFLATABLES AT THE TURF

18 & 21 APR 2025
0900-1200 & 1300-1600

\$3 - 3 HRS MORNING OR AFTERNOON
\$5 - ONE DAY, ALL DAY
\$8 - BOTH DAYS, ALL DAY

ALL ACTIVE PARTICIPANTS MUST BE SUPERVISED BY A PERSON 18+

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